

# Bellingham Unitarian Fellowship

*Community, Compassion, Commitment*

October 4, 2023

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Sunday Service Zoom Link:  
Meeting ID 738 363 620  
Worship starts at 10:20am

<https://zoom.us/j/738363620>

Passcode is **BUF Phone: (669) 900-6833**

## Words from Paul

*Some thoughts I've had this week in the wake of the death of BUF member, my father-in-law, Mike Brunt:*



### Present at Death

I don't wish there was another way

All of it: disbelief and relief  
preparedness, and lack thereof  
wistfulness, vulnerability, regrets  
fatigue and raiillery

He said: Oh  
I didn't expect that meant....

But any sense of unfairness  
dismissed by mutual awareness  
of privilege (his and ours)

Hurry and waiting  
loved ones just in time  
baggage to arrive later

Things a pair of eyes can do  
roll, again, remembering his  
predilections  
dwell  
burst when meeting another pair

*With Gratitude,  
Paul*

### **Sunday Service October 8.**

Begin In Gratitude-Rev. Paul Beckel

When it's hard to face (and impossible to avoid) big challenges...when, in order to progress, we need to begin and begin and begin again...let's begin in Gratitude. Gratitude is not just an inner experience or private feeling. Gratitude—a social emotion that flows to and from us—is a strong foundation for hope and a practical element for gathering allies.

### **Sunday Service October 15**

Acknowledge the Loss - Rev Paul Beckel

Sometimes we respond to loss by not noticing it, or avoiding the reality. Today we'll consider ecosystem losses and grief in general, and how--while in some cases we need to grieve again and again--acknowledgement is the way through to re-empowerment.

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### **October 8. 11:30-1 BUF Hidden Art Exhibition in the Social Hall After Service**

Over thirty BUFsters are exhibiting their artistic talents after the service on October 8. Come see (and listen to music) shared by our talented adults (and children). Refreshments, coffee and tea will be served.

### **Lunch with Paul at BUF**

Please join Paul for a bring-your-own lunch and conversation every Tuesday noon.

### **Board Notes:** from Drew Betz

Greetings BUF Community! Your Board wants to update you on our plans for raising funds and stewarding our congregation financially for this fiscal year.

We are a self supported congregation and all of our funds come from members, friends, building use and the community at large. We have a variety of ways in which we gain support: our major Stewardship Campaign, and two fund raisers - the Rummage Sale, aka the Pre-Season Re-gifting and Re-purposing Your Treasures Sale and the Auction/Gala. We want to give all of our members and friends the opportunity to be of service in these efforts.

The Board met with key leaders and agreed to the following dates:

- The first event will be the Rummage Sale on November 11th.
- The Stewardship Campaign will kick off in mid-February.
- The Auction/Gala will be held on May 4th, meetings will start in January.

The Board encourages all members and friends to help out with at least one of these important events. There are many ways in which your time and talent can be used and we need everyone's help to make these successful.

**Please say yes this year. Sign-ups begin for the Rummage Sale this Sunday after service.**

## Annual Church Retreat Tradition Resumes October 20-22!

The theme: Reconnection

Join us at Saturna Resort on Silver Lake for the All-Church Retreat October 21. Professional camp leaders will provide adults and children with engaging, fun activities and inspiring music-making outdoors and in the beautiful waterfront lodge. Meals will be provided all day Saturday, starting with a welcome breakfast bar at 8:00 and ending with a special evening program around the fire ring - including s'mores of course! Registration for the day is \$45 per adult, \$25 for teens, and free for under 12.



### **RETREAT REGISTRATION ALERT!!**

We've been struggling with the Breeze on-line registration credit card payment option. It should be working now, but feel free to just send, or drop off a check in lieu of paying on-line if you wish. You can also fill out an old-fashioned paper registration form in the BUF office if you prefer.

For those wanting to extend their time at Saturna the resort has a few private rooms with Queen beds as well as plenty of bunk beds in the comfortable bunk house. For housing, please contact Genia at [genia@BUF.org](mailto:genia@BUF.org) and she will send you a payment form. To register for the Saturday retreat, click [HERE](#), or paste <https://buf.breezechms.com/form/buf.breezechms.com42> into your browser.

### **MUSIC NEWS -**

**KEVIN ALLEN-SCHMID, Music Director - [kevin@buf.org](mailto:kevin@buf.org)**

### **We could call October MUSIC MONTH at BUF!**

This Sunday, October 8, the Chalice Choir will sing a stirring arrangement of "Simple Gifts" with special guest Barry Ulman on clarinet solo. Also, a six-voice ensemble will sing The Beatles' "Because," accompanied by Chad Nuckles-Flinn on guitar.

The following Sunday, October 15, the Phoenix Ensemble will present an achingly beautiful piece called "Lost Words Blessing," featuring each member of the ensemble in a short solo.

October 20-22 will be the much-anticipated BUF Family Retreat at Silver Lake, to be led by Canadian musical trio rEvolve. Please register for the full day on Saturday at this link: <https://buf.breezechms.com/form/buf.breezechms.com42> Contact Genia at [genia@buf.org](mailto:genia@buf.org) for more info or to reserve Friday or Saturday overnight accommodation.

The retreat will conclude with a Sunday service back at BUF on October 22, featuring rEvolve and perhaps some music or other sharing from retreat participants.

See ya there,

Kevin Allen-Schmid, BUF Music Director. [kevin@buf.org](mailto:kevin@buf.org) 406-858-0142

## SOCIAL AND ENVIRONMENTAL JUSTICE

**“We Are the Middle of Forever,” Climate Change Presentation October 12.** From 7-8:30 p.m. “How, Then, Shall We Live?: Practicing Kinship and Taking the Long View Amidst the Climate Crisis,” Majestic Ballroom, downtown Bellingham, 1027 N. Forest St.

SEJC is joining the Multifaith Network for Climate Justice and other organizations in supporting a Bellingham Friends Meeting presentation by Dahr Jamail.

Dahr Jamail will discuss the gravity of our times from a climate perspective, then share indigenous wisdom from “We Are the Middle of Forever,” which provides perspective, grounding, and healing.

Dahr Jamail is an American journalist who was one of the few unembedded journalists to report extensively the 2003 invasion of Iraq. He spent eight months in Iraq and presented his stories on his website, “Dahr Jamail's MidEast Dispatches.”

In January 2019, he published the book *The End of Ice: Bearing Witness and Finding Meaning in the Path of Climate Disruption* about his mountaineering adventures where he witnessed glaciers melting and expressed despair at the future catastrophe of global warming.

## SEJC Special Collections Oct 2023: Immigrant Resources & Immediate Support

Immigrant Resources & Immediate Support (IRIS) provides rapid assistance to immigrants and refugees in temporary crisis, and connects them with current resources in the community. These include basic needs and emergency medical costs. Bilingual Board members help discover the needs of low-wage and seasonal labor who may not benefit from existing social services and support networks. They also determine if connections can be made with other organizations that can offer assistance. They seek low cost or donated items.

The SEJC collection will be used to provide critical needs such as food, clothing, hygiene items and baby supplies. Funds may also be used to assist with emergency medical expenses. Volunteers are needed urgently for transportation, delivering much needed items to families as well as rides to appointments.

Immigration Attorney, Leta Sanchez, Board Chair, IRIS and Norma Suarez, Executive Director will speak to the BUF Congregation on Sunday, October 8. They will be available later in the Social Hall to share farm worker experiences and the struggles faced by Asylum-seeking families. Website: [irisnw.org](http://irisnw.org) Phone: 360-333-4943.

## COMMUNITY EVENTS



### **Community Night Dinners and Game Night this Wednesday at 6:00**

As the cooler days and longer nights of autumn descend on us, warm yourself up with a bowl of hearty chicken and vegetable soup with quinoa (a vegan option will be available, as always) served alongside a green salad, rolls and dessert. The cost is a

bargain at \$5 per person, and kids under 12 free! Our community dinner is every Wednesday evening from 6:00 to 6:45 in the Social Hall at BUF.

After dinner, we can play around with words! We will have Code Names, Bananagrams, Unspoken Words, Poetry for Neanderthals, and others. Feel free to bring your own word games or any game you want to share!

### **Becoming a Treaty People” - Anti-racism Discussion Series Begins October 17th**

7:00 p.m. First Congregational Church, 2401 Cornwall, Bellingham

Darrell Hillaire, Lummi Elder and founder of the video company, Children of the Setting sun on treaties will lead a presentation and discussion on how non-Indigenous peoples can become a treaty people. Most Indigenous people believe their ancestors envisioned a strong future for them through treaty negotiations. This discussion will take the perspective that treaties are for everyone who lives on these lands, and everyone who can benefit from them.

Doors will open at 6:30 p.m. The program is the first in a year-long series of anti-racism events sponsored by the First Congregational Church in partnership with the Letter Streets Association and the Whatcom Multi-faith Indigenous Group. For more information, contact Sharon Camblin, [camblins@comcast.net](mailto:camblins@comcast.net).

### **October Board Meetings about Sanctuary Chairs**

The BUF Board will host listening sessions as an update on the plan to replace some of the sanctuary pews with chairs. Dates, times, and places are as follows:

**October 12.** Thursday, by Zoom at 7PM

Meeting ID: 738 363 620 / Meeting passcode: BUF: Zoom (<https://zoom.us/j/738363620>)

**October 15.** Sunday at 9AM in the Conference Room

## **RELIGIOUS EDUCATION**

**Genia Allen-Schmid, RE Director, [genia@buf.org](mailto:genia@buf.org)**

### **CHILDREN’S RELIGIOUS EDUCATION**



This month’s theme is The Gift of Heritage. In this session we’ll learn that heritage can be understood using the metaphor of roots that nourish a tree. We’ll explore the many ways our families and UU faith nourish us, giving us the gift of courage and wisdom when times get hard.

Children will start in the sanctuary, as usual, where we have a child-friendly space with pillows, drawing supplies, fidget boxes, and a front row seat for the Story of All Ages or interactive song. After the Children’s Focus we will head upstairs where we will explore our theme through stories, activities, games and art.

If you have any questions or concerns about our children’s programming or want to volunteer, please contact me at [genia@BUF.org](mailto:genia@BUF.org).





## **Adult Religious Education FALL 2023**

To register for a class, just click on the appropriate link, in blue. If that doesn't work for you, just copy and paste the addresses listed below in blue into your browser. If none of this sounds doable, no worries! We can register for you on Sunday mornings at coffee hour (just visit our table), or email me at [genia@BUF.org](mailto:genia@BUF.org) and I will register you.

### **Pathways with lunch**

**Saturday, October 28**

**10:00-2:00**

Pathway sessions welcome new members, visitors, or anyone interested in knowing more about the UU tradition and BUF. These fun and informative sessions introduce participants to each other and to Unitarian Universalism.

Register: [buf.breezechms.com/form/buf.breezechms.com212555](https://buf.breezechms.com/form/buf.breezechms.com212555)

### **Spirit in Practice**

**11:00-12:30**

**Wednesday, November 1, 8, 15, 29**

Spirit in Practice will be an opportunity to explore and cultivate regular practices that connect us with the sacred ground of our being, however we understand it. Whichever path we follow in this diverse congregation, the Spirit in Practice workshop will offer a forum for learning, sharing, and growth that can enrich our faith journey.

Register: [buf.breezechms.com/form/buf.breezechms.com2125551767](https://buf.breezechms.com/form/buf.breezechms.com2125551767)

**How to submit content for the Mid Week Update:**

Content must be received on Monday by 10:00 a.m. Submit via email and include an attached Word document, single spaced, Georgia 12 font. Avoid any formatting, bullets, etc. Limit **200 words**. If you have an item for the calendar please put "Calendar"; if you are seeking Volunteers, please put "Volunteer" in the subject line. Submittals may be edited for space and clarity. Submit your content to [MWU@buf.org](mailto:MWU@buf.org)

**Bellingham Unitarian Fellowship**

BUF's website is BUF.org. Contact us by email at [admin@buf.org](mailto:admin@buf.org) Phone 360-733-3837.. Sign up for our online newsletter, the Midweek Update at <https://wp.buf.org/news/communication-sign-ups/> Sign up for BUF News Digest at <https://wp.buf.org/news/communication-sign-ups/>

**BUF Board of Trustees and Officers 2023-2024**

Alex Gilman, President - Daria Haynes , Vice President - Drew Betz, Secretary - John Stewart, Treasurer, - Jim Reimer, Trustee - Beth Nyblade, Trustee - Stephanie Sarver, Trustee - Lew Phinney, Trustee - Lin Skavdahl- Trustee, Rev. Paul Beckel, ex officio

BUF CALENDAR		
DATE	TIME	EVENT
October 7-8, 2023	---	BUF Creativity Exhibition, BUF Social Hall. Hours to be announced. For details contact Jan Cavitt at <a href="mailto:jadacad@gmail.com">jadacad@gmail.com</a> or Pam Graham at <a href="mailto:pam.graham1@icloud.com">pam.graham1@icloud.com</a> or <a href="mailto:pamg6986@gmail.com">pamg6986@gmail.com</a>
October 20-22	---	BUF Annual Church Retreat, Silver Lake, Saturna Report. Professional retreat leaders the musical trio rEvolvE. Resort details at this address: <a href="mailto:info@campsaturna.com">info@campsaturna.com</a> . Also contact <a href="mailto:genia@BUF.org">genia@BUF.org</a>
October 22	Noon-1:30pm	Men's Group in the Conference Room Contact <a href="mailto:Jeff.copeland@gmail.com">Jeff.copeland@gmail.com</a> with questions.
November 6, 2023	7-8:00pm	Taizé <a href="https://zoom.us/j/97456974163?pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09">https://zoom.us/j/97456974163?</a> <a href="https://zoom.us/j/97456974163?pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09">pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09</a> Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at <a href="mailto:Tessie@BUF.org">Tessie@BUF.org</a>

December 4, 2023	7-8:00 pm	Taizé <a href="https://zoom.us/j/97456974163?pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09">https://zoom.us/j/97456974163?</a> pwd=WkdHQ3UzRlNyYzFBMGRwQTJsY0lZdz09 Meeting ID: 974 5697 4163 Passcode: BET If you have any questions, please email Rev. Tessie at Tessie@BUF.org
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